

# SELF-DEFENSE: A BASIC COURSE

BRUCE TEGNER

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- EFFECTIVE
- EASY TO LEARN
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# Self Defense A Basic Course A Basic Course

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## **Self Defense A Basic Course A Basic Course:**

**Self-defense, a Basic Course** Bruce Tegner,1979 The techniques are easy to learn and remember Prevention and assault deterrence are emphasized *Basic Course, Six-weeks Schedule* Foreign Service Institute (U.S.). Viet-Nam Training Center,1969 R.O.T.C. basic course (Infantry); red and white courses, C.M.T.C., and additional matter James Alfred Moss,1923 *Human Factors Issues in Handgun Safety and Forensics* Hal W. Hendrick,Paul Paradis,Richard J. Hornick,2007-11-26 Written by two certified human factors ergonomics professionals and a criminalist and firearms expert all of whom have testified as expert witnesses Human Factors in Handgun Safety and Forensics draws on their formidable collective knowledge and professional experience to present the first scientifically based volume in the field This **FACTS AND FALLACIES ABOUT LAW ENFORCEMENT TRAINING AND DEFENSIVE TACTICS** Joseph Truncala,2015-06-02 This is a manual will be of interest to not only all Law Enforcement Defensive Tactics Instructors but to anyone in the law enforcement field who is concerned about the facts and fallacies floating around this field The following are just a sample of the questions this basic guide will answer Is law enforcement defensive tactics a science Do the techniques and tactics you were taught always work on the street What is reality based training as it applies to defensive tactics Is there any formal martial art which is perfect for police officers Should officers be taught striking techniques Is the PR 24 Police Baton just a Tonfa Is training once a year sufficient to remain competent in defensive tactics *SHOTOKAN KARATE: PRACTICAL COMBAT KARATE FOR THE STREET* Joseph Truncala,2015-07-05 Shotokan Karate is one of the most effective forms of self defense but it is this area that is most ignored in traditional Shotokan dojos This modest manual is different from most Shotokan Karate texts because it focuses on the self defense application of karate Traditional Shotokan karate concentrates on three primary areas They are basics or Kihon Kata or forms and sparring or kumite The sparring may consist of five times sparring three times sparring one time sparring semi free sparring and free sparring Self defense training is seldom practiced and this manual hopes to fill that gap for students of Shotokan and other traditional styles of Karate This manual covers the basic principles of self defense use of force factors in self defense simple and effective self defense techniques to counter arm grabs body grabs choke attacks punching and kicking attack counters club attacks knife attacks gun attacks ground attacks and multiple attacker self defense techniques **Publishers' Trade List Annual, 1991** Bowker Editorial Staff,1991-09 **Courses and Degrees** Stanford University,1974 **The Basics of Personal Protection** ,1988-09 **Basic Self Defense Course for Women** Cabell County (W. Va.). Sheriff's Department,198? *Annual Catalogue* University of Cincinnati,1929 *Teachers College* Temple University. Teachers College,1921 **The Field Artillery Journal** ,1925 *Industrial Education Magazine* Charles Alpheus Bennett,William Thomas Bawden,1922 The Johns Hopkins University Circular ,1925 Includes University catalogues President s report Financial report registers announcement material etc **POST Basic Course Management Guide** California. Commission on Peace Officer Standards and

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